

## **TRC Sessions in Gaining Helpful Transitional Skills (S.I.G.H.T.S. Program)**

Target Population: Blind or Visually Impaired High School Students



Time Frame and Location: One day per week for five weeks. Sessions will be on Fridays from 9:00 am to 2:00 pm. Classes will be held at the Tennessee Rehabilitation Center in Smyrna. All students will be day students.

Major Emphasis: The goal of this workshop-based transition program is to help high school students who are blind or visually impaired make post-high school plans and determine whether college, job, or skills training is the next best step in reaching their employment goals. Students will learn the basics needed to help them begin to transition from high school to the world of work or college and the transition from dependence on family to living as independently as possible. Students will receive the following services both individually and as a group:

- Career Exploration, including Goal Setting
- Workplace Readiness Skills (Soft Skills and More)
- Self-Advocacy
- Pre-Employment Coaching / Career Mentoring
- Counseling on Post-Secondary Education

### **For more information:**

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